

# QUICK TIPS



1. Always choose whole (non-processed) foods when you can.
2. Always choose foods with the fewest ingredients, and make sure you can read the ingredients.
3. Eat 3 "square" meals a day. (Eat a snack when you're hungry, but don't have "snack-type meals" all day...it leads to binges.)
4. Make sure all 3 meals have proteins, carbs and fats in the right proportions. (Stop eliminating macronutrients!)
5. Always know what you're eating at your next meal. (Be prepared.)
6. Always have a healthy snack with you, just in case (protein bar, package of nuts, beef jerky, fruit, etc).
7. Always carry water with you.
8. Always have cooked protein in the fridge.
9. Always have instant grains in your cupboard (rice packets).
10. Don't go out to eat hungry. Look at a menu and have a plan before you go to the restaurant.